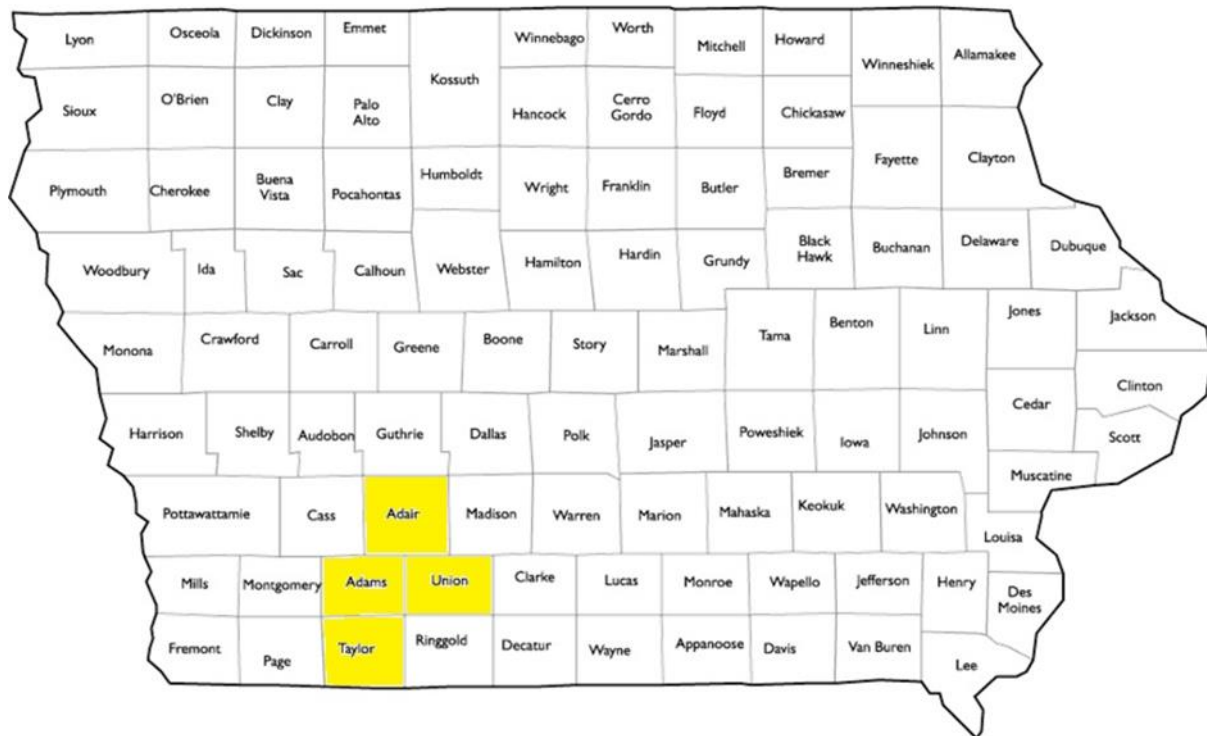


## ***SOUTHERN HILLS REGIONAL MENTAL HEALTH***

### **FY21 ANNUAL REPORT**



**SUBMITTED**  
**12/01/21**

**GEOGRAPHIC AREA:** *Adair, Adams, Taylor, Union Counties*

**APPROVED BY ADVISORY BOARD:** **12/19/21**

**APPROVED BY GOVERNING BOARD:** **12/19/21**

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## Introduction

Southern Hills Regional Mental Health was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service Region in compliance with Iowa Code 331.390. The annual report is a component of the Management Plan which includes three parts: Annual Service and Budget Plan, Annual Report and Policies and Procedures Manual in compliance with Iowa Administrative Code 441.25.

The FY2021 Annual Report covers the period of July 1, 2020 to June 30, 2021. The annual report includes documentation of the status of service development, services actually provided, individuals served, designated intensive mental health services, a financial statement including revenues, expenditures and levies and specific regional outcomes for the year.

### A. Services Provided and Individuals Served

This section includes:

- The number of individuals in each diagnostic category funded for each service
- Unduplicated count of individuals funded by age and diagnostic category
- Regionally designated Intensive Mental Health Services

**Table A. Number of Individuals Served for Each Service by Diagnostic Category**

FY 2021 Actual GAAP	SouthernHillsRegionalMentalHealth MHDS Region	MI (40)		ID(42)		DD(43)		BI (47)		Other		Total
		A	C	A	C	A	C	A	C	A	C	
<b>Core</b>												
	<b>Treatment</b>											
42305	Psychotherapeutic Treatment - Outpatient	103	49									<b>152</b>
71319	State MHI Inpatient - Per diem charges	1										<b>1</b>
73319	Other Priv./Public Hospitals - Inpatient per diem charges	4										<b>4</b>
	<b>Basic Crisis Response</b>											
44313	Crisis Stabilization Residential Service (CSRS)	34										<b>34</b>
	<b>Support for Community Living</b>											
32329	Support Services - Supported Community Living	12										<b>12</b>
	<b>Support For Employment</b>											
50362	Voc/Day - Prevocational Services	1										<b>1</b>
50367	Day Habilitation	1										<b>1</b>
50368	Voc/Day - Individual Supported Employment	1										<b>1</b>
	<b>Recovery Services</b>											
	<b>Service Coordination</b>											
	<b>Sub-Acute Services</b>											
	<b>Core Evidence Based Treatment</b>											

	<b>Core Subtotals:</b>	<b>157</b>	<b>49</b>										<b>206</b>
<b>Mandated</b>													
74XXX	CommitmentRelated (except 301)	24											<b>24</b>
	<b>Mandated Subtotals:</b>	<b>24</b>											<b>24</b>
<b>Core Plus</b>													
	<b>Justice System Involved Services</b>												
	<b>Additional Core Evidence Based Treatment</b>												
<b>Other Informational Services</b>													
<b>Community Living Support Services</b>													
22XXX	Services management	63	23	40	16								<b>142</b>
31XXX	Transportation	37											<b>37</b>
33340	Basic Needs - Rent Payments	4											<b>4</b>
42310	Psychotherapeutic Treatment - Transitional Living Program	5											<b>5</b>
	<b>Community Living Support Services Subtotals:</b>	<b>109</b>	<b>23</b>	<b>40</b>	<b>16</b>								<b>188</b>
<b>Congregate Services</b>													
50360	Voc/Day - Sheltered Workshop Services			2									<b>2</b>
64XXX	RCF-6 and over beds	12											<b>12</b>
	<b>Congregate Services Subtotals:</b>	<b>12</b>		<b>2</b>									<b>14</b>
<b>Administration</b>													
<b>Uncategorized</b>													
<b>Regional Totals:</b>		<b>302</b>	<b>72</b>	<b>42</b>	<b>16</b>								<b>432</b>

**Table B. Unduplicated Count of Individuals by Age and Diagnostic Category**

<b>Disability Group</b>	<b>Children</b>	<b>Adult</b>	<b>Unduplicated Total</b>	<b>DG</b>
Mental Illness	66	240	306	40
Mental Illness, Intellectual Disabilities	5	24	29	40, 42
Intellectual Disabilities	11	18	29	42
<b>Total</b>	<b>82</b>	<b>282</b>	<b>364</b>	<b>99</b>

## **B. Regionally Designated Intensive Mental Health Services**

The region has designated the following provider(s) as an **Access Center** which has met the following requirements:

- Immediate intake assessment and screening that includes but is not limited to mental and physical conditions, suicide risk, brain injury, and substance use.

- Comprehensive person-centered mental health assessments by appropriately licensed or credentialed professionals.
- Comprehensive person-centered substance use disorder assessments by appropriately licensed or credentialed professional.
- Peer support services.
- Mental health treatment.
- Substance abuse treatment.
- Physical health services.
- Care coordination.
- Service navigation and linkage to needed services.

<u>Date Designated</u>	<u>Access Center</u>
	Plan to designate Community Health Centers of Southern Iowa via agreement with Cross Region

The region has designated the following **Assertive Community Treatment (ACT)** teams which have been evaluated for program fidelity, including a peer review as required by subrule 25.6(2), and documentation of each team's most recent fidelity score.

<u>Date Designated</u>	<u>ACT Teams</u>	<u>Fidelity Score</u>
	Not yet designated. Working with local provider	

The region has designated the following **Subacute** service providers which meet the criteria and are licensed by the Department of Inspections and Appeals.

<u>Date Designated</u>	<u>Subacute</u>
	Plan to designate Community Health Centers of Southern Iowa via agreement with Cross Region

The region has designated the following **Intensive Residential Service** providers which meet the following requirements:

- Enrolled as an HCBS 1915(i) habilitation or an HCBS 1915(c) intellectual disability waiver supported community living provider.
- Provide staffing 24 hours a day, 7 days a week, 365 days a year.
- Maintain staffing ratio of one staff to every two and on-half residents.
- Ensure that all staff have the minimum qualifications required.
- Provider coordination with the individual's clinical mental health and physical health treatment, and other services and support.
- Provide clinical oversight by a mental health professional
- Have a written cooperative agreement with an outpatient provider.
- Be licensed as a substance abuse treatment program or have a written cooperative agreement.
- Accept and service eligible individuals who are court-ordered.

- Provide services to eligible individuals on a no reject, no eject basis.
- Serve no more than five individuals at a site.
- Be located in a neighborhood setting to maximize community integration and natural supports.
- Demonstrate specialization in serving individuals with an SPMI or multi-occurring conditions and serve individuals with similar conditions in the same site.

Date Designated	Intensive Residential Services
	Not yet designated. Will work with adjoining region

## C. Financials

**Table C. Expenditures**

FY 2021 Accrual	Southern Hills Regional Mental Health	MI (40)	ID(42)	DD(43)	BI (47)	Admin (44)	Total
<b>Core Domains</b>							
<b>COA</b>	<b>Treatment</b>						
42305	Mental health outpatient therapy **	\$ 202,130.44					\$ 202,130
42306	Medication prescribing & management **						\$ -
43301	Assessment, evaluation, and early identification **						\$ -
71319	Mental health inpatient therapy-MHI	\$ 4,907.34					\$ 4,907
73319	Mental health inpatient therapy **	\$ 19,282.50					\$ 19,283
	<b>Crisis Services</b>						
32322	Personal emergency response system						\$ -
44301	Crisis evaluation	\$ 70,041.27					\$ 70,041
44302	23 hour crisis observation & holding						\$ -
44305	24 hour access to crisis response	\$ 48,565.19					\$ 48,565
44307	Mobile response **						\$ -
44312	Crisis Stabilization community-based services **						\$ -
44313	Crisis Stabilization residential services **	\$ 43,298.00					\$ 43,298
44396	Access Centers: start-up / sustainability						\$ -
	<b>Support for Community Living</b>						
32320	Home health aide						\$ -
32325	Respite						\$ -
32328	Home & vehicle modifications						\$ -
32329	Supported community living	\$ 162,741.51					\$ 162,742

42329	Intensive residential services						\$ -
	<b>Support for Employment</b>						
50362	Prevocational services	\$ 2,100.96					\$ 2,101
50364	Job development						\$ -
50367	Day habilitation	\$ 2,871.45					\$ 2,871
50368	Supported employment	\$ 2,166.45					\$ 2,166
50369	Group Supported employment-enclave						\$ -
	<b>Recovery Services</b>						
45323	Family support						\$ -
45366	Peer support						\$ -
	<b>Service Coordination</b>						
21375	Case management						\$ -
24376	Health homes						\$ -
	<b>Sub-Acute Services</b>						
63309	Subacute services-1-5 beds						\$ -
64309	Subacute services-6 and over beds						\$ -
	<b>Core Evidenced Based Treatment</b>						
04422	Education & Training Services - provider competency						\$ -
32396	Supported housing						\$ -
42398	Assertive community treatment (ACT)						\$ -
45373	Family psychoeducation						\$ -
	<b>Core Domains Total</b>	\$ 558,105	\$ -	\$ -	\$ -		\$ 558,105
<b>Mandated Services</b>							
46319	Oakdale						\$ -
72319	State resource centers						\$ -
74XXX	Commitment related (except 301)	\$ 12,342.67					\$ 12,343
75XXX	Mental health advocate	\$ 8,295.92					\$ 8,296
	<b>Mandated Services Total</b>	\$ 20,639	\$ -	\$ -	\$ -		\$ 20,639
<b>Additional Core Domains</b>							
	<b>Justice system-involved services</b>						
25xxx	Coordination services						\$ -
44346	24 hour crisis line*						\$ -
44366	Warm line*						\$ -
46305	Mental health services in jails						\$ -
46399	Justice system-involved services-other						\$ -

46422	Crisis prevention training						\$ -
46425	Mental health court related costs						\$ -
74301	Civil commitment prescreening evaluation						\$ -
	<b>Additional Core Evidenced based treatment</b>						
42366	Peer self-help drop-in centers						\$ -
42397	Psychiatric rehabilitation (IPR)						\$ -
	<b>Additional Core Domains Total</b>	\$ -	\$ -	\$ -	\$ -		\$ -
<b>Other Informational Services</b>							
03371	Information & referral						\$ -
04372	Planning, consultation &/or early intervention (client related) **						\$ -
04377	Provider Incentive Payment						\$ -
04399	Consultation Other						\$ -
04429	Planning and Management Consultants (non-client related)						\$ -
05373	Public education, prevention and education **	\$ 180,667.43					\$ 180,667
	<b>Other Informational Services Total</b>	\$ 180,667	\$ -	\$ -	\$ -		\$ 180,667
<b>Community Living Supports</b>							
06399	Academic services						\$ -
22XXX	Services management	\$ 20,472.19	\$ 16,523.81				\$ 36,996
23376	Crisis care coordination						\$ -
23399	Crisis care coordination other						\$ -
24399	Health home other						\$ -
31XXX	Transportation	\$ 50,424.98					\$ 50,425
32321	Chore services						\$ -
32326	Guardian/conservator						\$ -
32327	Representative payee						\$ -
32335	CDAC						\$ -
32399	Other support						\$ -
33330	Mobile meals						\$ -
33340	Rent payments (time limited)	\$ 7,265.00					\$ 7,265
33345	Ongoing rent subsidy						\$ -
33399	Other basic needs						\$ -
41305	Physiological outpatient treatment						\$ -
41306	Prescription meds						\$ -

41307	In-home nursing						\$ -
41308	Health supplies						\$ -
41399	Other physiological treatment						\$ -
42309	Partial hospitalization						\$ -
42310	Transitional living program	\$ 32,160.00					\$ 32,160
42363	Day treatment						\$ -
42396	Community support programs						\$ -
42399	Other psychotherapeutic treatment						\$ -
43399	Other non-crisis evaluation						\$ -
44304	Emergency care						\$ -
44399	Other crisis services						\$ -
45399	Other family & peer support						\$ -
46306	Psychiatric medications in jail						\$ -
50361	Vocational skills training						\$ -
50365	Supported education						\$ -
50399	Other vocational & day services						\$ -
63XXX	RCF 1-5 beds (63314, 63315 & 63316)						\$ -
63XXX	ICF 1-5 beds (63317 & 63318)						\$ -
63329	SCL 1-5 beds						\$ -
63399	Other 1-5 beds						\$ -
	<b>Community Living Supports</b>	<b>\$ 110,322</b>	<b>\$ 16,524</b>	<b>\$ -</b>	<b>\$ -</b>		<b>\$ 126,846</b>
<b>Other Congregate Services</b>							
50360	Work services (work activity/sheltered work)		\$ 13,719.00				\$ 13,719
64XXX	RCF 6 and over beds (64314, 64315 & 64316)						\$ -
64XXX	ICF 6 and over beds (64317 & 64318)						\$ -
64329	SCL 6 and over beds						\$ -
64399	Other 6 and over beds	\$ 165,625.86					\$ 165,626
	<b>Other Congregate Services Total</b>	<b>\$ 165,626</b>	<b>\$ 13,719</b>	<b>\$ -</b>	<b>\$ -</b>		<b>\$ 179,345</b>
<b>Administration</b>							
11XXX	Direct Administration					\$ 191,032.95	\$ 191,033
12XXX	Purchased Administration					\$ 17,664.34	\$ 17,664
	<b>Administration Total</b>					<b>\$ 208,697</b>	<b>\$ 208,697</b>

	Regional Totals	\$ 1,035,359	\$ 30,243	\$ -	\$ -	\$ 208,697	\$ 1,274,299
(45XX-XXX)County Provided Case Management							\$ -
(46XX-XXX)County Provided Services							\$ -
	Regional Grand Total						\$ 1,274,299

Table D. Revenues

FY 2021 Accrual	Southern Hills Regional Mental Health		
Revenues			
	FY20 Annual Report Ending Fund Balance		\$ 395,419
	Adjustment to 6/30/20 Fund Balance		
	Audited Ending Fund Balance as of 6/30/20 (Beginning FY21)		\$ 334,480
	Local/Regional Funds		\$ 1,101,070
10XX	Property Tax Levied	1,054,156	
12XX	Other County Taxes	914	
16XX	Utility Tax Replacement Excise Taxes	46,000	
25XX	Other Governmental Revenues		
4XXX-5XXX	Charges for Services		
5310	Client Fees		
60XX	Interest		
6XXX	Use of Money & Property		
8XXX	Miscellaneous		
9040	Other Budgetary Funds (Polk Transfer Only)		
	State Funds		\$ 11,000.00
21XX	State Tax Credits		
22XX	Other State Replacement Credits	11,000	
24XX	State/Federal pass thru Revenue		
2644	MHDS Allowed Growth // State Gen. Funds		

29XX	Payment in Lieu of taxes		
	Other		
	Other		
	<b>Federal Funds</b>		<b>\$ 278,105.00</b>
2345	Medicaid		
2347	CARES Act	278,105	
	Other		
	<b>Total Revenues</b>		<b>\$ 1,390,175</b>

<b>Total Funds Available for FY21</b>	\$ 1,724,655
<b>FY21 Actual Regional Expenditures</b>	\$ 1,274,299
<b>Accrual Fund Balance as of 6/30/21</b>	\$ 450,356

**Table E. County Levies**

County	2018 Est. Pop.	Regional Per Capita	FY21 Max Levy	FY21 Actual Levy	Actual Levy Per Capita
Adair	7,063	41.03	289,795	\$ 252,000	35.68
Adams	3,645	41.03	149,554	\$ 148,000	40.60
Taylor	6,191	41.03	254,017	\$ 159,000	25.68
Union	12,359	41.03	507,090	\$ 495,156	40.06
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<b>Total XXXX Region</b>	<b>29,258</b>		<b>1,200,456</b>	<b>1,054,156</b>	<b>36.03</b>

**D. Status of Service Development in FY2021**

Southern Hills Regional Mental Health has been working to develop a complete array of children's and adult behavioral services. We have successfully added a jail diversion program. Our children's service coordination is in place. We are working with adjoining regions to implement our Mobile Crisis and ACT programs. We are ready to designate an access center and its components. Work continues within the region and with adjoining regions to provide a complete array.

**E. Outcomes/Regional Accomplishments in FY2021**

Southern Hills Regional Mental Health was consistent in meeting Core Services Access Standards that are currently mandated to be in place. Several core services are not required to be in place until July 1, 2021 and the Region is moving ahead to ensure those will be in place on or before the required date.

The Region also provides a number of additional core services which are not required but are to be provided within budgetary constraints. These services include mental health services in jail; civil commitment prescreening, crisis

intervention training and crisis prevention training. The Region has also begun to implement jail diversion services and has been working within the Region and with adjoining region to implement mobile crisis services.

We have been working closely with the CHI Behavioral Health coalition for adult and children's services. This coalition is made up of diverse providers including teachers, adult and children's providers, hospital staff, parent as teachers, law enforcement and other providers and interested parties. They have been instrumental in helping develop children's services and advisory committees.

The Region worked in FY21 to transition to the state-wide crisis/warm line utilizing Your Life Iowa. This transition is expected in the first half of FY21.

The Region partnered with Trilix in 2021 to capitalize on a funding opportunity allowing for marketing efforts on a statewide scale with the goal to provide education and awareness about the MHDS regions and services. Our efforts focused on four goals. 1) Develop clear, actionable messages. 2) Create tools allowing regions to use MHDS to drive local activity. 3) Present a united front to influential, regulatory and legislative audiences. 4) Achieve a stable and consistent presence across Iowa. Trilix developed a new website for MHDS to allow easy guidance for users as they search for services in their county. The site provides awareness and education about each region and its services. Each region has its own individual page, which provides educational pieces and contact information

Our contracted crisis bed provider added a 90-day transitional bed service which has successfully been utilized. We anticipate this service will continue to be used as a bridge to more stable/permanent housing for consumers in our region.

Southern Hills Region had no consumer or provider appeals in FY21.

A waiting list was not needed in FY2021.